



# Al Ain English Speaking School

## Preschool Learning Pathway

### Week beginning: 12.01.26

#### Dear Parents,

It has been lovely to see all the children back in school after the winter break, listening to and sharing what everyone did during the vacation. Our new learning topics have started with interesting hooks to grab the children's interest and we look forward to the journey that our learning will take us on.

Our Term 2 values are Care and Resilience. We are currently embedding the value of care with our expectations that students will develop their understanding of how to take care of: themselves, each other, our school, and with their work.

#### Our Term 2 Values

Care Resilience



Please be reminded that our school uniform is designed to be weather appropriate. Therefore, with the present weather conditions (cooler mornings and hotter afternoon temperatures), students should be equipped for both warm and cold weather. If the children do not have a school jumper or sweater to wear, they should come to school, wearing a plain (preferably navy blue) jumper or cardigan. With the changing weather temperatures, it is also important that all items students are likely to take off during the day are clearly labelled with their name and class.

#### Contacting Preschool Teachers:

We are always happy to support in any way we can, so if you have any questions or concerns please send your child's class teacher an email (see addresses below).

When contacting staff please remember they are expected to read emails daily (Monday - Friday) and respond within 24 hours. They may choose to read or respond outside of school hours but please do not expect it. Please also bear in mind that they will be teaching or in meetings during the school day (7.30am - 3.00pm) so will not be able to respond straight away.

<b>Ms Celine (PSA)</b> <a href="mailto:Cdavid@cognita.com">Cdavid@cognita.com</a>	<b>Ms Jess (PSB)</b> <a href="mailto:Jessica.larby@cognita.com">Jessica.larby@cognita.com</a>	<b>Ms Maddie (PSC) - Lead Teacher</b> <a href="mailto:Madeleine.box@cognita.com">Madeleine.box@cognita.com</a>
<b>Ms Romay (PSD)</b> <a href="mailto:Romay.barreto@cognita.com">Romay.barreto@cognita.com</a>	<b>Ms Vicky (PSE)</b> <a href="mailto:Vicky.sloan@cognita.com">Vicky.sloan@cognita.com</a>	<b>Ms Denise – Early Years Director</b> <a href="mailto:Denise.grant@cognita.com">Denise.grant@cognita.com</a>

# Important Information:

- Gates will open promptly at **7.05am** (Monday - Friday).
- Please be reminded that **arriving on time** each morning is **vital** to your child's **learning**. Gates close and lessons start **promptly** at **7.40 am**.
- Pick up for Preschool is either **1.00pm** or **2.30pm** (Monday - Thursday)
- Pick up for Preschool is: **11.30am** on a Friday.



## Preschool learning:

### **Week beginning: Monday 12th January 2026**

This week in phonics, we are focusing on rhyming strings and rhythm, helping children hear how words can sound the same and move with a beat.

This week in literacy, the children are diving into our new story *The Bus Is for Us!* and exploring the rhythm and patterns in the text. We'll be learning to join in with repeated phrases, using actions to help us remember the story, and creating a simple story map together.

This week in Maths we will explore weight by weighing different objects on a balancing scale to determine which object is heavier and which is lighter. We will also investigate the concept of capacity by filling up and comparing different quantities that containers of different sizes can hold.

This week in Understanding the World we are learning to care for and respect living things. We will have a look at what living and no-living things are, as well as what living things need to thrive.

This week in Expressive Arts and Design we are learning to draw closed shapes that represent something - building on our creativity and fine motor skills.

# This week in pictures:



# Preschool PE Days:

# Monday and Friday

## Upcoming events.



AAESS will be doing the 20 days of wellness challenge from Tuesday 6th January until Sunday 25th January. The challenge this year will be looking at diet, sleep and activity.

# AAESS Values



Our value focus this term is Care.

Our expectations are that students will:  
Take care of themselves

- Take care of each other
- Take care of our school / our world
- Take care with their work

# 20 Days of Wellbeing



## AAESS Wellbeing 20 day Challenge

January 6<sup>th</sup> - 25<sup>th</sup>, 2026

EAT 3 DIFFERENT  
VEGETABLES

GO FOR A 30  
MINUTE WALK

TIDY YOUR  
ROOM

NO SCREENS 1  
HOUR BEFORE  
BED

GO FOR A RUN  
FOR AT LEAST  
10 MINUTES

TRY A NEW  
FOOD

DANCE TO  
YOUR  
FAVOURITE  
SONG

WRITE DOWN 3  
THINGS YOU  
ARE GRATEFUL  
FOR

DRINK OR MAKE  
A SMOOTHIE

READ BEFORE  
BED

EAT A HEALTHY  
SNACK

USE POSITIVE  
WORDS ALL  
DAY

SHOW AN ACT  
OF KINDNESS

HAVE A QUIET  
30 MINUTES

EAT 3 FRUITS

NO  
TECHNOLOGY  
AN HOUR  
BEFORE BED

EAT DINNER  
WITH THE  
FAMILY, NO  
DEVICES

CHECK ON A  
FRIEND

GO TO BED  
EARLIER, TRY  
TO GET 9  
HOURS SLEEP

DO SOMETHING  
THAT MAKES  
YOU SMILE

PRIZES FOR THE BEST  
PORTFOLIO AND  
PHOTOS, HANDED IN  
ON THE 26<sup>th</sup> JANUARY  
TO YOUR CLASS  
TEACHER / TUTOR

TAKE SOME  
TIME EACH DAY  
TO TAKE CARE  
OF YOUR  
WELLBEING!

# Wellbeing Wednesday

Our Wellbeing Committee is pleased to introduce **Wellbeing Wednesday's**, an initiative for Term 2 focused on building kindness and care across our school community.

Each Wednesday, a short wellbeing prompt will be shared with staff and students, encouraging one small action and a brief reflection on why it matters. These moments are designed to remind us that small intentional actions can make a meaningful difference.



## Wellbeing Wednesday

Action:

**Greet everyone you pass today  
with a smile or a friendly hello**

### WHY IT MATTERS:

A simple smile or greeting can brighten someone's day, strengthen connection and often helps us feel more positive too.



# Arabic 1

مرحباً بكم طلابي الأحباء...عوًدًا حميًّا وعَامًا سعيًّا مُكَلَّا بالنجاحات وتحقيق الأمنيات.....هيا بنا نحو إطلالة سريعة على أعمالنا هذا الأسبوع

ستتعرف على هذا الأسبوع على حرف الفاء

(اليوم الأول) اليوم الأول التعرف على الحرف

(اليوم الثاني) اليوم الثاني أشكال الحرف

(اليوم الثالث) اليوم الثالث أصوات الحرف القصيرة

(اليوم الرابع) اليوم الرابع أصوات الحرف الطويلة

ولمزيد من الأنشطة يمكنكم استخدام الأنشطة

ستتابع مع مسابقة نجم القراءة

كل أسبوع لمدة خمس أسابيع متتالية ( قراءة الحروف مع الأصوات القصيرة والطويلة) ارسل فيديو لتصبح نجم القراءة وتحصل على شهادة التميز

لا تترددوا في التواصل معنا على البريد الإلكتروني المدرج أدناه، كما نحيطكم علماً أنه باستطاعتكم مقابلة المعلمين كل يوم اثنين من الساعة 3:10 - 2:45 نسعد بتواصلكم الدائم

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[Manal.azzam@cognita.com](mailto:Manal.azzam@cognita.com)

# Arabic 2

Ms. Missam Almohamad: [Missam.almohamad@cognita.com](mailto:Missam.almohamad@cognita.com)